About the Bath. See page 101.

Our Medicine Chest. See page 102.

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EDITED BY DR. ANDREW WILSON, F.R.S.E. &C.

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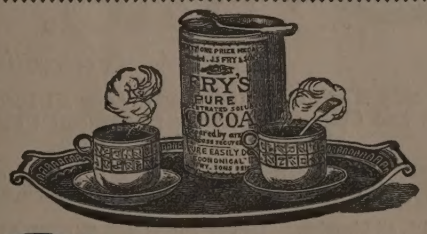

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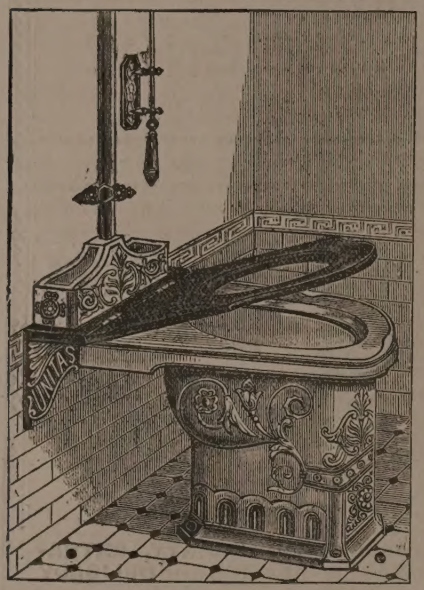

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◆ HEALTH ◆

EDITED BY

DR. ANDREW WILSON, F.R.S.E., &c.

LONDON: *FRIDAY, MAY* 17, 1889.

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Notes by the Way

BY THE EDITOR.

"Health is the foundation of all our physical happiness."—*Herder.*

A VERY curious case, interesting in relation to the articles on Brain-action at present appearing in our pages, has occurred in the practice of Dr. Charcot, of Paris. From an account of this case—called one of automatic movement—I quote the following details:—The patient, while engaged in his ordinary occupation, suddenly lost consciousness of his actions, but continued to walk without knowing where he went, until he recovered lucidity, at the end of a period varying from a few hours to eight days. It seems he was a porter in a Parisian art establishment, where he had been employed for nineteen years. On Jan. 18th he started with the van, and, after having made correctly the last of eleven deliveries, he became unconscious about seven p.m., and, instead of returning to the van, walked out of sight. From that time he remembers nothing until two p.m. on Jan. 26th, when the strains of a military band awoke him on a bridge in an unknown town. Although no harm seems to have come to him, yet those eight days are an absolute and complete blank in his memory. Once aroused, he became lucid. His clothing was all right and his shoes were not worn out. His first anxiety was to discover where he was, but he was afraid to ask the passers-by lest they should suspect him of being a lunatic; so he inquired the way to the railway station, and discovered he was in Brest.

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HE was hungry and thirsty, and when he had visited the refreshment-room he found he had still 700 fr. left of the 900 fr. which he took on his last delivery, so that he had spent 200 fr. during the eight days of his automatism. His next thought was to regain Paris, but there was no train until the evening, and, lest he should be overtaken by another attack, he deemed it prudent to place himself under the protection of the police. He told his story to his legal guardians, and showed them the prescription which Professor Charcot had given him, and which he had warned him always to carry on his person in case of accidents of this kind. The police inspector smiled, told him he knew all about that sort of thing, and locked him up. He protested, and demanded that they should telegraph to his master, whom he had served for nineteen years, to confirm the truth of his statement. Unfortunately the telegram was received by a new partner who was unacquainted with the previous history of the porter, and he replied that they had better keep him in custody. He was accordingly handcuffed and taken off to prison with a number of malefactors. At the end of six days, however, a letter from his old master arrived, which satisfied the police, and he was set at liberty.

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THE history of this case, adds the account, was a curious one. Four years ago, as the man stood on a doorstep seven miles out of Paris waiting to deliver a parcel, he became unconscious, and remembered nothing until he found himself, fourteen hours afterwards, in the heart of Paris, with his shoes bearing witness to a long tramp. Three months later he was looking at the works in progress at the Eiffel Tower, when he lost consciousness as before, and came to himself forty-two hours afterwards, to find that he had jumped from the top of a railway carriage as it crossed the bridge at Bercy, and that he was swimming to regain the bank of the Seine. In his pocket was a railway ticket with the change he had received when he paid for it; his watch had been regularly wound up, and he had conducted himself so rationally during his period of unconsciousness that his conduct had escaped observation or remark.

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His next attack lasted fifty-three hours, but, unlike his previous ones, it left some dream-like memories of what had passed akin to those that sometimes remain after an attack of epileptic fury. It was then that he presented himself at the Salpêtrière, and Professor Charcot regarded the case as one of epilepsy. There was no inherited or personal taint; the usual characters of epilepsy were absent from his attacks; and, with the exception of slight headache, there was no warning. During the attack there was no visible sign of the patient's unconscious condition, and he appeared to conduct himself as usual. Professor Charcot remarked that the characteristic of this variety of epilepsy was an automatism very similar to that found in other cases of loss of memory. Under bromine the attacks had ceased almost entirely, only an abortive one which lasted three hours having occurred in more than a year. Thinking himself safe, the patient had discontinued the bromine for four months, when the attack happened which landed him in the police-station at Brest. Lawyers should note cases of this kind, inasmuch as it is clear a man who otherwise might seem, and, indeed, is, perfectly sane, might nevertheless commit crime in his automatic state, and be erroneously regarded as being a responsible agent.

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The *Lancet*, under the heading of Hair-Dyeing among Working People, says that, if current reports are to be believed, the practice of dyeing the hair is not merely the resource of a few sensitive persons, but has become somewhat widely popular, and is ruled by far more practical considerations than a wish to seem attractive. Working women, and even men, it appears, are given to decorating themselves in this way as a mere matter of necessity, and in order to earn their living. Grey hair looks aged, and suggests inefficiency; or perhaps it does not, for some other reason, satisfy the fancy of critical customers; consequently, it is not in favour with employers. Hair-dyeing has, therefore, become an established custom. Vigour, even youth, will not always excuse the defect, though, as is well known, greyness is in a multitude of cases no true sign either of age or of weakness. Such a state of matters may by some be condoned as being expedient.

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To our mind, says my contemporary, this is not enough. There must be something bad and unhealthy about a system which condemns an applicant for work on what is often a wholly deceptive point in personal appearance. Where grey hair is clearly a mark of senile failure, the case is different. Rejection is often inevitable, though the facility of imposture by means of a dye proves the need of more efficient tests. The refusal of candidates physically capable on this ground alone is, on the other hand, simply a barbarity of taste. One can readily sympathize with persons thus virtually forced in self-defence to practise deceit. A variety of hair-dyes are in common use. Lime, lead, ammonia, copper, nitrate of silver, and other matters enter into their composition. Their effect as local applications is far from innocuous, though most of those who use them know and care little about their specific actions. It is, therefore, to be hoped, for this reason also, that a sensible considerateness on the part of employers will render needless a habit the increase of which is equally discreditable to business, custom, taste, and a reputation for honesty.

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The Index to Volume XII. of Health is now ready, and may be had from the Publisher, price 2½d. post free.

Original Essays

"Life is not to live, but to be well."—*Martial.*

THE LAW AS TO NUISANCES.

By J. Ridley Shield.

THIRD PAPER.

It will be well at the outset to limit the meaning of the term nuisance, for almost everything that is unpleasant to a neighbour is deemed a nuisance; but our intention is to consider only such nuisances as apply to ordinary things in life, and in the main those which come within the scope of the authority vested in local boards or other authority under the Public Health Act, 1875. Some of the older acts included in the term nuisances would only be looked upon in the present day as comicalities. For instance, eavesdroppers and scolds were formerly classed as nuisances, and though, no doubt, they were, and still are, unpleasant, there would be great difficulty in bringing them to book under existing circumstances.

Nuisances are either public or private, public when they annoy the community at large, as the digging of a ditch in a public road, private when they affect individuals as individuals, and not the public at large. It is chiefly with the former that we shall deal, as affecting, or likely to affect, the public health, from a sanitary point of view; but we shall certainly consider those nuisances which by their secondary results are detrimental to health, such as crowing cocks and barking dogs.

Let us see, then, how the Public Health Act deals with the first class of nuisances we desire to consider:—

38 & 39 Vic. c. 55, s. 92. It is the duty of every local authority to cause to be made, from time to time, inspection of their district to ascertain what nuisances exist calling for abatement under this Act, and to enforce the provisions of the Act in order to abate the same.

93. Information of any nuisance under this Act in the district of any local authority may be given by any person aggrieved thereby, or by two inhabitant householders of such district, or by any officer of such authority, by the relieving officer or by any constable or police officer of the police force of such district.

94. Being satisfied of the existence of a nuisance, the local authority shall serve a notice on the person causing the nuisance, or if he cannot be found or ascertained, on the owner or occupier of the premises, requiring him to abate the same within a specified time, provided that, if the nuisance arises from any structural defect, the notice must be served on the owner, and also that, if the person causing the nuisance cannot be found, and it is clear that it does not arise through the fault of the owner or occupier, the local authority may then themselves abate such nuisance.

97. Where a nuisance proved to exist is such as to render a house or building unfit for habitation, the justices may prohibit the using thereof for that purpose until the house or building is rendered fit for that purpose, and on the Court being satisfied that it has been rendered fit for that purpose, the Court may declare the house or building habitable, and then the house or building can be let or inhabited.

98. A person not obeying an order for the abatement of a nuisance shall, if he fails to satisfy the justices that he has used all diligence to carry out their order, be liable to a penalty not exceeding 10s. per day, and any person acting wilfully contrary to an order of prohibition

shall be liable to a penalty not exceeding 20s. per day during such contrary action. And the local authority may enter the premises to which such order relates, and remove or abate the nuisance, and do whatever may be necessary in the execution of such order, and summarily recover the expenses incurred by them from the person on whom the order is made.

102. The local authority or any of their officers shall be admitted into any premises for the purpose of examining as to the existence of any nuisance thereon.

There are many other sections of the Act which are of considerable importance with regard to this subject, but in the main they relate to obtaining access to premises by the local authority and the penalty for refusing to admit the local authority, and the recovery of the costs and expenses incurred by the local authority in relation to any nuisance.

It is impossible to give a complete list of nuisances, but we will mention those coming within this Act, and which are most commonly remedied by the procedure set out therein.

For the purposes of this Act the following are nuisances:—

Any premises in such a state as to be a nuisance or injurious to health.

Any pool, ditch, gutter, watercourse, privy, urinal, cesspool, drain, or ash-pit so foul or in such a state as to be a nuisance or injurious to health.

Any animal so kept as to be a nuisance or injurious to health.

Any accumulation or deposit which is a nuisance or injurious to health.

Any house or part of a house so overcrowded as to be dangerous or injurious to the health of the inmates, whether or not members of the same family.

Any factory, workshop, or workplace (not governed by any general Act) not kept clean and duly ventilated, so as to render harmless any gas, dust, &c., generated by the work carried on therein, or so overcrowded as to be dangerous or injurious to the health of those employed.

Any fireplace or furnace not consuming as far as practicable the smoke arising from the combustibles therein, and used for working engines, &c., for trade purposes.

Any chimney not of a private dwelling-house sending forth black smoke in such quantity as to be a nuisance.

Having treated of these several kinds of nuisances, let us see how the machinery for the removal of a nuisance can be set in motion if it is ascertained that a nuisance exists.

It is the duty of every urban and rural authority to appoint fit and proper persons to be Medical Officer of Health and Inspector of Nuisances within their districts, and no person can be appointed Medical Officer of Health unless he is a legally qualified medical practitioner, and such appointment of Medical Officer is subject to the control of the Local Government Board. It is becoming usual to ask that an applicant for the post of Medical Officer of Health should have obtained a diploma in State medicine, or passed some other examination in sanitary science, and it is to be hoped that in future local authorities will be more particular as to the qualification of the candidate applying for this post.

If a nuisance exists, the Inspector of Nuisances makes a report to his local authority, and the authority instructs him to serve the necessary notice to abate the nuisance. If the nuisance be not abated, the general course is for a summons to be taken out before the magistrates, who, after hearing the evidence, and being satisfied that the notice was properly served and has not been obeyed, can make an order in conformity with the particular Act or section of an Act under which the summons has been issued. The power of the magistrates are extensive, and as already shown they can, if they deem it necessary, make an order directing premises to be closed if unfit for human habitation.

We will now leave what we may call, for the nonce, sanitary nuisances, and deal with those which, though not affecting the health of the community so largely, are very annoying in their character to those affected by them.

When setting out the various nuisances, we stated "that any animal so kept as to be a nuisance or injurious to health is to be deemed a nuisance," and very little reflection will show that an animal harmless, and even useful, in itself may become the most trying neighbour to a person to whom it does not belong, and who does not benefit by it.

It cannot be too clearly laid down that mere discomfort or irritation is not sufficient upon which to found a nuisance. For instance, if A keeps a cock in his back premises which has a habit of continually crowing, and thereby annoys B, his next door neighbour, the mere annoyance will not enable B to succeed if he summonses A because his bird is a nuisance; or if your next-door neighbour keeps a dog which constantly barks, the bare fact of your objecting to the noise which a dog makes when barking will not make an attempt on your part to obtain an order against your neighbour for keeping an animal which is a nuisance, successful. It must be borne in mind that nuisance, in its legal sense, does not only mean that which annoys. Annoyance is merely the stepping-stone to something else. Your sense of smell may be annoyed by one of the sanitary nuisances we have mentioned: but unless, in addition to the discomfort caused by such annoyance, there is a risk to health, it is not a legal nuisance; so if your neighbour's dog bark, and you have an irritable brain, the discomfort of the barking must be borne unless you can show, and that in the clearest manner, that your health suffers from the barking, or that your rest is so disturbed that your health is likely to be impaired.

A nuisance is an act which unlawfully and unwarrantably injures or prejudices the rights of another person. This may be taken as a legal definition of a nuisance, but we must again urge in the strongest manner that the mere fact of a person carrying on a trade which is somewhat objectionable to his neighbour, or keeping an animal which is noisy, does not of necessity constitute a nuisance.

A dog may "bay the moon" with impunity, so long as such proceeding on his part is merely an annoyance to his master's neighbours; but if such vocal efforts on his part produce ill-health, or consequences tending to ill-health, to any one, then his master may be properly summoned for keeping an animal which is a nuisance.

To instance practically what we have been stating, a man was summoned for keeping a cock so as to be a nuisance and injurious to health. The complainant said that the person summoned lived opposite to him and kept a small bantam cock, which by its early crowing disturbed his family and was injurious to their health. The complainant produced a medical certificate, and proved that his wife and daughter were disturbed nearly every morning by the crowing of this cock between 4 a.m. and 5 a.m. None of the complainant's neighbours were present to complain of the nuisance, but the witness thought they would be glad action had been taken in the matter.

The distance from the complainant's house to the abode of the bird was 180 feet. This evidence was fully corroborated; but the magistrate who heard the summons said that a nuisance must be a public notoriety before he could decide that it was a nuisance absolutely. If the complainant had produced the evidence of some neighbours to show that the annoyance existed, he should have sent the case for trial on an indictment for a nuisance.

The magistrate was undoubtedly right; the evidence on such a point must be of the clearest possible description to justify a conviction, otherwise every person keeping a dog or a crowing bird would be liable to the issuing of a summons because he had forsooth some cantankerous or irritable neighbour. It must not be thought, however, that a bird or other animal can be kept so as to be a nuisance with impunity. Combination amongst neighbours is an easy matter, and if several neighbours are disturbed and annoyed by the crowing of a cock, the barking of a dog, or the vagaries of a parrot, it would be a bad look-out for the owner of the offending animal.

Animals, again, may be so kept as to be a nuisance from want of cleanliness, as witness a London lady whose case has been frequently reported, who kept so many cats in her room that the Inspector of Nuisances had to interfere.

As we have already stated, our review of nuisances is by no means exhaustive, and there are many full of interest to the public upon which it has been impossible to touch, such as keeping of gunpowder in large quantities in close proximity to populous neighbourhoods, the blocking up of or other injury to a public road, the keeping of disorderly houses, indecent bathing, the remedies for which are by indictment and information. Proceedings, however, under either of these heads are both expensive and tedious, and, in addition, are highly technical, and they come more strictly under the purely legal consideration of these questions.

It has been our endeavour to give a general and popular idea of nuisances and their remedies; and we hope that at all events we have shown people, if not actually how to remedy any particular nuisance, the best method of finding out how such remedy may be obtained.

AUSTRIAN JUVENILE INEBRIETY.—The temperance of Austrian women has long been proverbial; but if the accounts recently published respecting the intemperance of boys and girls in that country are reliable, we fear that Austria will not long continue to sustain its former good character for feminine sobriety. So serious and widespread has inebriety been of recent years among school children that the Vienna School Board have, though hitherto ineffectually, been making strenuous efforts for the prohibition of the sale of intoxicating drinks to children. The Board has just resolved to invoke the intervention of the Government, and a Bill is to be laid before Parliament during the present session to prohibit the selling of intoxicants to boys and girls under fifteen years of age. So alarming is the present state of matters that the appearance of a boy at school in a state of drunkenness is by no means a rare sight. During the winter poor children are often sent to school with only a glass of the cheapest spirits for breakfast, partly to allay hunger and partly to "keep out the cold,"—that venerable delusion which still lingers in England. Slav children of the tender age of five and six years are so "seasoned" to alcohol from infancy by the administration of small quantities in milk that these youthful scholars can take a liberal dram without showing any symptoms of intoxication.

Personal Health

"Be timely wise;
With health all taste of pleasure flies."—*Gay.*

CURIOUS FREAKS OF DIGESTION.

AMONG the various freaks shown by mankind, perhaps none are more curious than those of the appetite. In the Royal College of Surgeons Museum, London, is a greatly enlarged and thickened stomach, the interior of which looks as much like a rough carpet as anything. Indeed the mucous lining seems roughened and shredded in all parts of the organ. The specimen is from a woman, who had been a swallower of pins from the age of two years; and in a box close at hand are several ounces of black and rusty pins taken from the stomach *post mortem*. In a second box are also quite a goodly number, mostly bent upon themselves, which were found in the patient's pocket, undoubtedly designed for future swallowing. In the same museum is a knife which had been swallowed, and eaten half away by the corrosive action of the gastric juice. In the museum of the London Hospital there is seen fixed in the alimentary wall a large spoon which had doubtless presented an appetising front to somebody. The writer recalls a strange case he was once called to see. It was that of a woman who was said to have had a spasm. She presented no special symptoms, other than of extreme weakness or prostration; stimulants were given, but in less than a quarter of an hour she was dead. A *post mortem* was held and her stomach was found distended with pickles. The shock to the nervous system was too great and she died. Had she been given an emetic at first, it is very probable that she would have recovered.

Few probably are absolutely free from freaks of appetite, which are most marked and wild in pregnant women. We know there is a disposition of children to put everything possible into the mouth; it is improbable, however, that this is anything more than a habit, so that these freaks are hardly to be regarded as reversions of taste, &c. Probably the custom prevalent among the ancients of eating that offensive herb assafœtida was but a freak, as is that of dirt-eating observed in certain tribes in Africa. This habit of eating earth is most pernicious to the individuals, causing them to emaciate, bloat, and finally die. Even infants are said to contract the habit almost from their mother's breast, and in tropical America "women, as they lie in bed sleepless and restless, will pull out pieces of mud from the adjoining walls of their room to gratify their strange appetite, or will soothe a squalling brat by tempting it with a lump of the same material." Officers who have Indian or half-bred children in their employ as servants, sometimes have to use wire masks to keep them from putting the clay into their mouths.

Turning from these people with curious freaks, we find a very large proportion of civilized people who give way to no freaks, but search diligently to ascertain what will agree with them. It is more than likely that this is largely the reaction from continuous, albeit moderate, gluttony. The mass of people eat too much. Sometimes the dyspeptic is made worse by eating less food than usual, sometimes he is benefited. A miserable dyspeptic applies to his doctor for relief; his diet is narrowed, and the consequent vacant gnawing is worse than the original symptoms. So he returns to the old *régime*. It is people of this sort who are benefited by physiological bon-bons like Pepsin Tabloids, which ease

the stomach by relieving it of part of its work. The corollary of disregard of nature's laws are the so-called "freaks of nature," which are truly of more import than freaks of appetite, and which indicate to us in some degree the natural laws of healthy digestion.

THE NOSE AND ITS USES.

DR. EDMUND ROUGHTON, writing in the *Practitioner*, says that the nose serves two grand functions: it is the organ of smell, and it is the gateway whereby air enters the body. In the text-books on physiology we find plenty of information about the nose as an organ of smell, but next to nothing about its function as an air passage. It is not my intention to dwell upon the olfactory function of the nose, further than to point out the fact that nature has placed the smelling organ at the respiratory threshold of the body as if to warn us of the entrance of noxious gases, in the same way that she has placed the organ of taste at the entrance to the food department of the body to tell us what we may eat and what we may not: the analogy may be carried a step further, for we find in the nose an apparatus for preparing air for the lungs almost as important as the teeth are for preparing food for the stomach. It would seem, therefore, to be just as unphysiological to breathe through the mouth as to eat through the nose, and yet many people always breathe through the mouth, and think it quite the right thing to do.

The nose serves three great functions in respect to inspiration: the air which passes through it is *warmed*, *moistened*, and *filtered*. Aschenbrandt, of Würzburg, has made some experiments to demonstrate these functions, and although they are somewhat inaccurate numerically, they prove conclusively that the nose does fulfil these requirements. He caused air to pass in at one nostril and out of the other one, by way of the posterior nares, and taking the temperature of the air before entering the nose and after leaving it, came to the conclusion that at each inspiration, supposing the air of the room to be at 43 degs. Fahr., it is warmed up to 86 degs. Fahr. before being admitted to the larynx and trachea. By passing air of known humidity through the nostrils and submitting it subsequently to hygroscopic examination, Aschenbrandt found that the inspired air passing through the nose in one minute took up ·3656 gramme of water, which is equivalent to more than one pound in twenty-four hours. It has been commonly taught that the excess of moisture in the expired air is derived entirely from the lungs; but were it so, the evaporation from the respiratory surface into the air in the vesicles would cool the blood to a considerable extent, and the danger of this I shall point out presently.

Aschenbrandt found that chemical sprays were not affected by the nose, but that mechanical dust was almost completely arrested. This is in accord with the result of Tyndall's experiments. This observer found that the air in the deeper parts of the lung was almost entirely free from dust. It is also a matter of common observation that in cases of fractured rib and wound of the lung, with surgical emphysema, suppuration is hardly ever seen, whereas were we to inject ordinary air laden with germs and other impurities into the cellular tissue, diffuse inflammation and suppuration would almost inevitably occur.

If we now turn to consider the evil effects of nasal obstruction and its necessary result, buccal respiration, we shall find that its power for evil is much greater than we should at first sight imagine.

It is now held by many that the proximate cause of the various specific fevers (such as measles, scarlet fever, &c.) is the entrance of a germ into the circulation; it is also credibly held that the white corpuscles (or phagocytes) of the blood do battle with these germs, and if victorious swallow them as the amœba does its prey, but if the germ gets the better of a weakened leucocyte it kills the latter, and itself flourishes and multiplies to the detriment of the blood and body at large. Now let us suppose two people equal in all respects (excepting only that one breathes habitually through the nose and the other through the mouth) are exposed to the same source of infection, whose wont it is to enter the body through the lungs; which will be the more likely to take the disease? The mouth-breather will assuredly afford the germ the best chance of ingress, and at the same time will severely handicap the leucocyte, for the diminution in the temperature of the blood caused by the cold air entering the lung, and by the evaporation from the respiratory surface into the comparatively dry air, will so reduce the temperature of the leucocyte that its vitality and power of resistance to disease will be materially lessened.

ABOUT THE BATH.

I.

SOME of the most beautiful sculpture which has come down to modern times has been found to have adorned the baths of the ancients. The magnificent grandeur of the baths of Caracalla would alone bespeak what a luxury the Romans considered them to be. Far different is the idea to-day respecting baths. We look upon them merely as a procedure to cleanliness; at most, they are regarded as a momentary luxury taken in the form of a morning tub by a few here and there.

When the Romans inhabited Great Britain they brought with them their custom of bathing. The Roman baths at Bath themselves bespeak this truth, but historians have pointed out how averse our forefathers were to accept what is distinctly known as a Roman bath, which we in our time call the "Turkish bath." It was not sufficient for the Romans to point out its usefulness; the Turks must needs do so likewise ere we would accept it. We shall have more to say about the Turkish bath in a future article.

The surface of the skin is computed to equal in area thirty-six square feet, and to contain about 7,000,000 pores of perspiratory tubing, and it has been calculated that the length of this tubing is about twenty-eight miles. In the twenty-four hours, two pints of water ordinarily pass out of the body through the skin; this alone would show the need of keeping the skin healthy. Hidden from the rays of the sun by clothing upon the body day and night, and with infrequent bathing, the skin becomes weakened; while from inactivity and high living there is hardly sufficient exercise to enable this tissue to accomplish the extra work.

Those who lead sedentary lives should always make a point of taking a bath every day; if they are healthy and robust the bath should be a cold one; if they are delicate and the action of the heart is somewhat weak the bath should be tepid. It is a strange thing how soon the body by custom gets used to a cold bath; if the water be taken a little colder each day in summer, no depression in the majority of cases will follow its use perfectly cold. A hot bath is somewhat depressing, and is apt to occasion a sense of faintness in some. It is an admirable measure to produce sleep.

The ancients used to bathe for an hour in tepid water in order to promote digestion. At least two warm baths should be taken in the course of a week by town folk who do no physical labour. Each time soap should be used, not the ordinary soaps, with which everybody is familiar, for all of them contain more or less free alkali.

The soap we would specially recommend is that known as "Vinolia" Soap, which contains an excess of saponifiable cream instead of free soda or potash, the action of which substances is, of course, injurious. A cold sponge bath should be taken every morning when there is sufficient reaction, as a stimulating and cold-preventing measure.

THE SANITARY INSTITUTE.—The next congress and exhibition of this Institute will be held in Worcester at the end of September next. Arrangements are in progress, and will be published shortly.

FISH POISONING.—Dr. Matthew Hay, the Medical Officer of Health for Aberdeen, and the sanitary inspector for the city, have had their attention drawn to the danger of eating stale fish. They were summoned during the night to inquire into the cause of several cases of simultaneous poisoning in the east-end of the city from the eating of haddock roe. Altogether forty-eight persons were found to have been affected. No death resulted, though several persons were much prostrated. Subsequent investigation showed that all had partaken of roe supplied by a certain hawker, which had a distinctly acrid and disagreeable odour, and there is no doubt that it was more or less decomposed.

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Our Medicine Chest.

"THE aim of using drugs is not so much to destroy diseases as to aid and assist the natural powers to overcome the disease-principle."—*Holland.*

[This page, under the heading of "Our Medicine Chest," will be devoted to the exposition of all that is new and interesting in the science of drugs, and will contain such hints and descriptions of medicines as may fairly be ranked within the legitimate knowledge of every intelligent person. As a guide to the use of simple drugs and medicaments, the articles published under this heading will, it is hoped, be found useful by all.]

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M. THEIL has examined the bark of a tree known as the "moussena," the *Acacia anthelmintica* of Baillon, growing principally in Abyssinia, and having a high reputation as a destroyer of tapeworm. It is said to be more active than kousso and to have a less disagreeable taste. The bark is the only part of the tree employed medicinally, and this is taken in the form of powder, in doses of from one oz. to two oz., alone or mixed with honey and stirred up in milk. The Abyssinians mix the powder with flour, and make bread with it, and take a sufficient quantity of the bread with butter or honey three hours before the first meal in the morning. The same evening or the next day the worm is generally expelled in fragments. M. Theil has found in the bark a substance whose chemical characteristics resemble saponin, and he calls this "moussenine."

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MR. ERNEST HART, on his recent visit to Paris, called at the private pathological laboratory of Professor Cornil, and among those working in the laboratory he found M. Lowenthal, of Lausanne, who was studying the action of salol on the comma microbe of cholera, and who insisted on the toxic influence of this substance on cultivations of the cholera bacillus previously revivified, and rendered very toxic by the action of pancreas, pancreatic juice, or pancreatin. When two tubes are taken, both containing a nutritive mixture to which pancreatic juice has been added, and also cholera bacillus cultivations, if to one be added a quantity of salol exceeding ten centigrammes, the vegetation of the cholera *bouillon* was immediately arrested. According to the conclusions which he is disposed to draw from this research, salol may possibly become the preventive and curative agent of Asiatic cholera, but it must be tried in clinical practice before this conclusion can be definite.

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IT is reasonable to suppose that plants grown in the house may require the use of fertilizers quite as urgently as plants grown out of doors, if, indeed, the need is not more urgent, owing to the artificial life which they lead, and the deprivation of surroundings which nature furnishes. The cultivation of house plants is sufficiently common to warrant the attention of druggists to this want, and we give below a formula for a fertilizer which can be sold in packages to be added to the requisite proportion of water: Carbonate of potassium, phosphate of potassium, carbonate of magnesium, silicate of sodium, of each one part; nitrate of potassium, two parts; sulphate of iron, three parts. To be added to two thousand parts of water.

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THERE are various formulas scattered through our literature for making a "Florida Water," but we cannot

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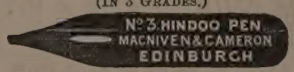

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Many medical writers have reported the efficacy of both antipyrin and antifebrin in headache. The best method of administration, according to Dr. Carter and others, appears to be to give five grains (of either) every hour, until the pain begins to moderate. A relief is usually experienced after the first, but certainly after the second dose. It has, however, been noticed that the continued administration of antipyrin produces in some persons a weakness of the heart's action, and for this reason Dr. Carter and some other authorities usually prefer antifebrin.

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Dr. Blair, some time ago (in the *Boston Med. and Surg. Journal*), recommended milk as an excellent vehicle for administering iodide of potassium, as it covers the taste of this salt perfectly.

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Listerine is a proprietary American antiseptic, which is said to have the following composition (about):—Benzoic acid, one hundred and twenty grains; borax, one hundred and twenty grains; boric acid, two hundred and forty grains; thymol, forty grains; eucalyptol, ten drops; oil peppermint, six drops; oil thyme, two drops; alcohol, eight fluid ounces; water, enough to make thirty-two fluid ounces.

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Since both corrosive sublimate and carbolic acid, though in dilute solution, sometimes produces poisonous symptoms, and it has been demonstrated that very much smaller quanties may be used with equal effect, if combined with other antiseptics, Dr. Emil Rotter has devised the following compound, which he states to be powerfully antiseptic, and which may be kept in the form of powder or tablets, to be dissolved in water when wanted:—Corrosive sublimate, five parts; chloride of sodium, twenty-five parts; carbolic acid, two hundred parts; chloride of zinc, five hundred parts; sulphocarbolate of zinc, five hundred parts; boric acid, three hundred parts; salicylic acid, sixty parts; thymol, ten parts; citric acid, ten parts. A quantity of one-half troy ounce of this mixture, dissolved in one quart of ordinary well-water (specially mentioned to show the adaptability of the powder to campaign purposes) yields a perfectly clear liquid. In cases where both carbolic acid and corrosive sublimate are contra-indicated, these ingredients may be omitted.

The following is said to be a cure for hay fever:—Asepsin, twelve grains; cocaine, two grains; juniper pomade, two ounces. Use in the nose every four hours.

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A substitute for iodoform and carbolic acid ointments, and a superior preparation of boric acid, is made by taking of boric acid, ten parts; and glycerine (specific gravity 1·23), thirty parts; boiling for ten minutes. After cooling to fifty degrees, make an ointment by addition of lanolin, forty parts; finally, add paraffin ointment (specific gravity 0·890), twenty parts. The last addition has the effect of diminishing the rapid absorption of lanolin. In appearance the ointment resembles cold cream.

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Lice in the body may be destroyed by a single application of ether in spray. This procedure is less injurious to the skin than the application of chloroform, which likewise accomplishes the same object.

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Salol, or the salicylate of phenol, is a most active disinfectant, at the same time it seems to possess other valuable properties. A writer has used it in acute dysentery, and has had excellent results. In five-grain doses the griping and straining rapidly disappear, and there is no occasion for the use of any preparation of opium. The results, however, are due to the two constituents of the salol—salicylic acid and carbolic acid—acting separately, as the salol passes through the stomach unchanged, but is decomposed by the alkaline juices of the intestinal canal into its original substances.

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For constipation, Dr. Bartholow gives the following:—Tincture nux vomicæ, tincture belladonnæ, tincture physostigmæ, of each, two drachms. Mix, and give twenty drops in water morning and evening. When constipation is due to torpor of the muscular layer of the intestine, combined with deficient secretion of the mucous membrane, this formula is often very serviceable, or the following may be taken:—Tincture calumbæ, fifteen drachms; tincture opii deodor., one drachm. Mix, and label, "A tablespoonful in a wineglassful of water before meals."

A St. Louis letter-carrier says there is no reason why a man should remain thin or have cold feet and corns. "I was that way myself once, but as a cure our old negro cook told me to wear a flannel or woollen waistband, that is to say, cover my body from chest to hip with flannel or woollen next to the skin, besides the regular winter or summer clothing, and keep the band on all the year round. I tried it some years ago, and at first I saw no change in my size or waist measurement, but suddenly I noticed I could not button the waistband, and I moved the buttons. Before three months passed I moved the buttons four times." The extra covering causes great internal heat, which is carried over the body by the blood, and aids digestion. The remedy for cold feet is to scrub them in cold water every night before going to bed for sixty days. There will be no further trouble.

CHEMICAL ANALYSIS.—Dr. Drinkwater, Lecturer on Chemistry in the Edinburgh Medical School, undertakes the Analysis of Water, Foods, Wall-Papers, and of all other products and articles connected with Household Health and Commercial Interests. Terms on application to Dr. Drinkwater, Chemical Laboratory, 41, Chambers-street, Edinburgh.

The Family Circle

"The child is father of the man."—*Wordsworth.*
"In bringing up a child, think of its old age."—*Joubert.*

BAKING POWDERS.

Professor J. W. Mallett, of the University of Virginia, has recently made a series experiments with alum baking powders, and studied effects upon digestion of the residues left therefrom in bread. He says that it has been almost universally conceded that alum itself, when added singly to bread or other food, is positively injurious to health; and that its use, even in the small proportion sometimes employed to improve the appearance of bread made from unsound or inferior flour, must be regarded as reprehensible. But since the extensive introduction, in the United States, of baking powders made with alum and bicarbonate of soda, there has been much dispute as to the harmlessness or harmfulness of the substances which are left in bread made with such powders after the mutual reaction of their constituents and the completion of the baking process.

It has been claimed, by those who advocate the use of cheap baking powders made with alum as one of the ingredients, that as soon as the mixture of alum (usually first deprived, by heating, of the whole or much the greater part of its water of crystallization—so-called "burnt alum") and bicarbonate of soda is moistened, as in working it up with flour to form dough, the aluminum sulphate is decomposed, sodium sulphate being formed, with which there also remains sulphate of ammonium or potassium, as ammonia or potash alum has been used; and the aluminum assumes the form of aluminum hydroxide, insoluble in water, and therefore supposed to be inert and harmless in the stomach and alimentary canal. It has been noticed that the aluminum is also partly converted into phosphate in presence of the phosphates naturally occurring in flour, and this has been also taken to be insoluble and inert. It has been further claimed that, at the temperature of the baking-oven, aluminum hydroxide is itself decomposed, water being given off, and the highly insoluble aluminum oxide, or alumina, left behind, to be discharged from the intestines as might be so much clay or other harmless and indifferent matter.

On the other hand, it has been asserted, by some of those who oppose the use of alum in baking powders, that the decomposition is not, or may not be, complete, and in any case, that, as all of the constituents of the alum remain in the bread, the action upon the human system must be essentially the same as if the alum itself remained intact.

In the discussion of the effects on health of the residual substances left in bread made with alum baking powders, there has been a good deal of loose argument, based upon data which were either merely assumed as probable, or were too imperfectly supported by actual experiment. In such experiments as have been hitherto recorded, bearing directly on the question, there are many points left in an indeterminate state, and calling for further investigation in order to clear them up and admit of an impartial conclusion being reached. The work undertaken by Professor Mallett was with a view to furnish some more exact and satisfactory evidence of the kind required for the purpose of reaching such a conclusion.

In the examination, twenty-seven samples representing seventeen brands, were analyzed. Nearly all contained as their acid ingredient a mixture of alum and acid phosphate of calcium ("super-phosphate"). All contained as the alkaline ingredient acid carbonate of sodium ("bicarbonate of soda"). After a most thorough and painstaking inquiry into the whole subject, he reached the following conclusions:—1. The greater part of the alum baking powders in the American market are made with alum, the acid phosphate of calcium, bicarbonate of sodium, and starch. 2. These powders, as found in the retail trade, give off very different proportions of carbonic acid gas, and therefore require to be used in different proportion with the same quantity of flour, some of the inferior powders in largely increased amount to produce the requisite porosity in bread. 3. In these powders there is generally present an excess of the alkaline ingredient, but this excess varies in amount, and there is sometimes found, on the contrary, an excess of acid material. 4. On moistening with water, these powders, even when containing an excess of alkaline material, yield small quantities of aluminum and calcium in a soluble condition. 5. As a consequence of the common employment of calcium acid phosphate along with alum in the manufacture of baking powders, these, after use in bread-making, leave, at any rate, most of their aluminum in the form of phosphate (when alum alone is used, the phosphate is replaced by hydroxide). 6. The temperature to which the interior of bread is exposed in baking does not exceed 212 degs. Fahr. 7. At the temperature of 212 degs. Fahr., neither the "water of combination" of aluminum hydroxide, nor the whole of the associated water of either this or the phosphate, is removed in baking bread containing these substances as residues from baking powder. 8. In doses not very greatly exceeding such quantities as may be derived from bread as commonly used, aluminum hydroxide and phosphate produce, or produced in experiments upon Professor Mallett himself, an inhibitory effect upon gastric digestion. 9. This effect is probably a consequence of the fact that a part of the aluminum unites with the acid of the gastric juice, and is taken up into solution, while at the same time the remainder of the aluminum hydroxide or phosphate throws down in insoluble form the organic substance constituting the peptic ferment. 10. Partial precipitation in insoluble form, of some of the organic matter of food, may probably also be brought about by the presence of the aluminum compounds in question. 11. From the general nature of the results obtained, the

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conclusion may fairly be deduced, that not only alum itself, but the residues which its use in baking powder leaves in bread, cannot be viewed as harmless, but must be ranked as objectionable, and should be avoided when the object aimed at is the production of wholesome bread.

NURSING INFANTS WITH ASSES' MILK.

In recent years, in France, conscientious efforts have been made to ascertain the principal causes of the loss of population, and it has been demonstrated by numerous facts that one of these causes consists in the physical degeneration induced by deficiency of alimentation in infancy; and the most eminent physicians of Paris, and the Director of Public Assistance, have endeavoured to modify and improve the system of nutrition in the public charitable institutions, providing for recently born children lactation adequate to the necessities of the temperament and constitution.

In the Hospital for Infants' Diseases, situated in Sabres-street, there exists a section for rickety boys and girls, whose miserable aspect produces an impression of pain upon the mind—unfortunate beings who have inherited the organic vices of their parents, and who suffer from anæmia's cruel tortures.

The administration of the hospital is arranged in two separate pavilions, where there is much ventilation, with large windows that look out upon a garden, and whose walls have double rows of willow cradles perfectly equipped. The newly born receive here the personal care of the establishment, beginning with being weighed in the balance the same day they make their appearance, the operation being frequently repeated almost every month in order to determine with exactness the development of the child. The little one is subjected to an especially nutritious diet of the most tonic kind, if it had been previously fed from a refractory goat liable to convey contagious germs, it having been found by experiment that the milk of this animal, although possessing nutritive principles of the most salutary kind, presents the inconvenience of communicating by absorption the effects of those nervous accidents to which the goat is subject.

The public charities of Paris, advised by the wise doctors of medicine, have substituted for the milk of goats that of the ass, and have installed an ample yard near the pavilion of the rickety and scrofulous children, which is only separated by a short covered passage-way. Nothing is more picturesque than the spectacle of the lactation of the babes in this enclosure every morning.

The nurses, dressed in dark gowns with white caps and aprons, each carrying a child on the right arm and a little seat in the left hand, present themselves in exact turn to the women who have charge of the animals, and they hold the child, applying its lips to the teats of the docile animal. The children suck with avidity the liquid nutriment, which is fresh and of agreeable taste.

The Administration of Public Assistance of Paris has calculated that one young ass is able to lactate abundantly for a space of nine or ten months, and when this period has passed they are sold and replaced by others. It is well known that the milk of asses, by its vivifying qualities and its nutritious principles, assimilates in a great degree the milk of the nurse, and these disinherited and sick children, enjoying its beneficial effects by its permanent and methodical use, are restored little by little to health and vigour.

Popular Science Papers

"Blessings on Science! When the Earth seemed old,
When Faith grew doting, and our reason cold,
'Twas she discovered that the world was young,
And taught a language to its lisping tongue."

—*Charles Mackay.*

THE SHADY SIDE OF BRAIN WORK.

PAPERS ON DREAMS, MESMERISM, AND ALLIED TOPICS, BY VARIOUS WRITERS.

FIFTH PAPER.

THE PSYCHOLOGY OF SPIRITUALISM.

By Joseph Jastrow.

The many methods of producing the short writings were repeated by a professional prestidigitateur much more skilfully than by Slade. The commission distinctly saw every step in Slade's method, on one occasion or another, but were utterly baffled by the conjurer (Mr. Harry Kellar), who subsequently revealed his methods to Dr. Furness. The long messages are written beforehand, on slates to be substituted for the ones given him at a favourable opportunity. At the last *séance* with Dr. Slade, two prepared slates were resting against a table behind him, and Dr. Furness kept a sharp watch upon these slates. "Unfortunately, it was too sharp; for one second the medium saw me looking at them. It was enough. That detected look prevented the revelation of those elaborate spirit messages. But when the *séance* was over, and he was signing the receipt for his money, I passed round behind his chair and pushed these slates with my foot, so as to make one of them fall over, whereupon the writing on one of them was distinctly revealed." The medium at once pushed back his chair, snatched the slates, hurriedly washed them, and could with difficulty regain sufficient composure to sign the receipt for the exorbitant payment of his services. This is not the first time that Slade has been exposed, and it is hoped that this verdict of the Seybert commission, "fraudulent throughout," will be sufficient to make further exposure unnecessary.

Another member of the commission (Mr. Coleman Sellers) says, with regard to Slade: "The methods of this medium's operations appear to me to be perfectly transparent, and I wish to say emphatically that I am astonished beyond expression at the confidence of this man in his ability to deceive, and at the recklessness of the risks which he assumes in the most barefaced manner. The only reason of our having any so-called 'manifestations,' under the circumstances, was because of the fact that the committee had agreed in advance to be entirely passive, and to acquiesce in every condition imposed."

Mrs. Sidgwick, an able English observer, detected the fraudulent character of Slade's performances from the beginning. She points out five important grounds of suspicion: "His conjurer-like way of trying to distract one's attention, his always sitting so as to have the right hand to manipulate the slate, the vague and general character of the communications, his compelling one to sit with one's hands in a position that makes it difficult to look under the table, and his only allowing two sitters at a time."

Another medium, Mrs. Patterson, gives a closely similar performance. Dr. Knerr had a sitting with her, and adjusted a mirror about his person so as to reflect

whatever was going on beneath the table. "In the mirror I beheld a hand . . . stealthily insert its fingers between the leaves of the slate, take out the little slip (containing the question), unfold and again fold it, grasp the little pencil . . . and with rapid but noiseless motion . . . write across the slate from left to right a few lines; then the leaves of the slate were closed, the little pencil laid on the top," and the spirits invoked to please send a message.

Is it necessary to continue the catalogue of vulgar deceit: to tell how Dr. Furness sends out sealed letters the contents of which the spirits are to read and answer without opening, and finds the seals tampered with and mucilage and skill used to conceal the crime; how he asks the same question of various mediums and receives hopelessly contradictory answers; how he detects the form of the medium in her assumed materializations, and finds the spirit ready to answer to any and every name in fiction or reality, from "Olivia" of "The Talking Oak" to Shakespeare; how a medium who materializes a right hand while apparently holding his neighbour's hand with both his own, is shown to imitate this double grip with one hand and do the hocus-pocus with the other—in short, how universal, how coarse, how degrading this fraud is; how readily it leaves its hiding-place to snatch at a cunningly offered bait, until it becomes ridiculous? The barefacedness of the medium's business reaches its climax in the fact (communicated to me by Dr. Furness) that a noted medium had visited a professional juggler, and, "*making no secret to him of his trickery as medium for independent slate-writing, had purchased from the juggler several other tricks with which to carry on his spiritualistic trade.*"

Let us rather turn to another independent investigation published by the English Society for Psychic Research (October, 1886, to May, 1887.) The great English medium, whose performances as described are truly miraculous, is Englinton, and his specialty is slate-writing. The late Prof. H. Carvill Lewis (of Philadelphia) had sittings with Englinton, and reported as follows: He sat intently watching Englinton for an hour, and nothing happened; fearing a blank *séance*, he purposely diverted his attention. The moment he looked away, the manifestations began, and he could see "the medium look down intently toward his knees and in the direction of the slate. I now quickly turned back my head, when the slate was brought up against the table with a sharp rap." He repeated the manœuvre, with the same result, and while the writing was going on he distinctly saw "the movement of the central tendon in his wrist corresponding to that made by his middle finger in the act of writing. Each movement of the tendon was simultaneously accompanied by the sound of a scratch on the slate." Again, for the answer to another question, Englinton requires the use of a dictionary, and leaves the room for a minute; the answer is then written just as it is given in Webster's dictionary; but, unfortunately, *albumina* was read for *alumina*. When the slate, which closes with a spring, is to be closed, Englinton suddenly sneezes; when the writing is small and faint, he struggles until he gets within a few inches of it; a postage stamp secretly glued across the two leaves of the double slate prevents all manifestations; a double fee immediately causes further manifestations, while a minute before such were declared impossible, owing to the exhaustion of power; and the writing on the slates is identified by an expert as that of Englinton. If further proof be required of the degrading contrivances to which this medium will resort, we have it in his conviction of connivance with Mme. Blavatsky in the production of a spurious theosophic marvel, as well as in the following evidence supplied by Mr. Padshah and endorsed by Mr. Hodgson (the exposer of Mme. Blavatsky): Mr. Padshah and a friend had asked for Gujerati writing at a *séance*, but did not get it; the former then anonymously sent a poem in Gujerati to Englinton, and his friend (who was not initiated in the trick) brought the same copied in every detail on a slate as the direct revelation of the spirits in a sitting with the medium.

Mrs. Henry Sidgwick records her experiences with many mediums, and supports the same verdict. She was often unable to detect the exact *modus operandi* of the medium, but has never seen anything which was not well within the range and strongly suggestive of conjuring, and mostly of no high order of conjuring.

But all this accounts for only part of the problem. To convict every medium of fraud is not a complete explanation of the appearance which this belief now presents. It remains to account for the great success of the movement; for the fact that so many have been deceived and so few have really understood; to show why we are to believe the Seybert commission, and not credit the countless miracle-mongers. This is psychologically the most interesting portion of the problem, and has recently been very successfully treated by Mrs. Sidgwick, Mr. Hodgson, and Mr. Davy, of the English Society for Psychic Research.

There is a very widespread notion that anybody can go to a spiritualistic *séance* and give a reliable opinion as to whether what he or she has seen is explicable as conjuring or not. Especially in this country, where the right to one's opinion is regarded as a corollary to the right of liberty, does this notion prevail. The fact probably is, that most of such claimants are about as competent to form a trustworthy opinion on such a subject as they are to pronounce upon the genuineness of a Syriac manuscript. The matter is as much a technical acquisition as is the diagnosing of a disease. It is not at all to the discredit of the observing powers or the intellectual acumen of any one to be deceived by the performances of a conjurer, and the same holds true of the professional part of mediumistic phenomena. "I do not think," says Mr. Hodgson, "that this unpreparedness and inobservancy of mind, in the presence of a conjurer, is a thing of which any one who is not familiar with the tricks already need be ashamed." Even a conjurer can be nonplussed by a medium's performance if he have no experience in the particular kind of sleight-of-hand required for the trick. This is the experience of Mr. Harry Kellar. He at first declared himself unable to explain slate-writing as a trick, but now can repeat the process in a variety of ways, and with far greater skill than mediums. Of course the spiritualists keep on citing his former testimony, and ignore his challenge to repeat by trickery any alleged spiritualistic phenomena witnessed by him three times. Until this homely but salutary truth is impressed with all its importance upon all intending investigators, there is little hope of checking the growth of this vast superstition. The above view ought, perhaps, to be modified somewhat. There is a class of spiritualistic manifestations to be deceived by which is a mark of weak insight or strong prejudice. To this class belong the materialization of departed friends. On these Dr. Furness writes thus: "Again and again men have led round the circles the materialized spirits of their wives, and introduced them to each visitor in turn; fathers have taken round their daughters, and I have

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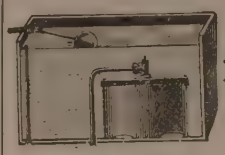

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seen widows sob in the arms of their dead husbands. Testimony such as this staggers me. Have I been smitten with colour-blindness? Before me, as far as I can detect, stands the very medium herself, in shape, size, form, and feature true to a line, and yet one after another, honest men and women at my side, within ten minutes of each other, assert that she is the absolute counterpart of their nearest and dearest friend; nay, that she *is* that friend. It is as incomprehensible to me as the assertion that the heavens are green, and the leaves of trees deep blue. Can it be that the faculty of observation and comparison is rare, and that our features are really vague and misty to our best friends? Is it that the medium exercises some mesmeric influence on her visitors, who are thus made to accept the faces which she wills them to see? Or is it, after all, only the dim light and a fresh illustration of *la nuit tous les chats sont gris?*" Add to this the confession of an exposed medium, Mr. D. D. Home: "The first *séance* I held, after it became known to the Rochester people that I was a medium, a gentleman from Chicago recognized his daughter Lizzie in me after I had covered my small moustache with a piece of flesh-coloured cloth, and reduced the size of my face with a shawl I had purposely hung up in the back of the cabinet." Cases where different members of a circle instantly recognize in the spirit form entirely different persons are not uncommon. Here so much of the trick depends upon the sitter that he must be a firm believer, or very simple, to be deceived. It is this kind of manifestations with which the better class of spiritualists have least to do; and it is seldom that a conversion of a real investigator begins with such materializations. This preying upon the feelings of simple-minded folk is one of the greatest scandals of the movement.

THE SCIENCE OF ACROBAT LIFE.

What, then, is a contortionist? In the first place, it appears that a contortionist is a person who has preserved in his spine, and in some cases in his joints, the infantile condition which in most persons is merely transient. This implies a great flexibility of the spine in all directions, and great powers of twisting it. It is also very likely that there are many small individual peculiarities all favouring uncommon freedom of motion. If a young boy without any of this special fitness should be trained for contortion, I think he probably would meet with some success, but never achieve distinction. So far as I am aware, children are not educated for this profession from their tenderest years, as they are for several kinds of acrobatic performances. Their capacity makes itself known by accident, from which it is fair to infer that it rests on an anatomical basis.

The ability to do both forward and backward work is rarely found in the same individual, and still more rarely does one so gifted attain excellence in either direction, though his movements are more easy and graceful than those of either the exclusively forward or backward man. I have been at much pains to learn the truth in this matter, as it is often said that a performer must be either a forward or a backward man, or at least that those who pretend to practise both kinds of work can do but little in either. The facts I believe to be as follows: It is perfectly possible for a boy possessing the requisite capacity for contortion to do both forward and backward work, and with practice to become very proficient in both. If, however, he should devote himself exclusively to either, certain changes will probably occur in his bones which will favour contortion in one direction and be an obstacle to it in the other. Thus it follows that he will reach greater perfection in his own branch than is physically possible for the "all-round" performer. He will, however, gain it at the expense of versatility, activity, and grace.

The contortionist's spine, as it may be called, is the only peculiarity of structure that is essential for the backward artist. The forward artist must offer other attractions than that of bending forward, for to whatever extent the movement may be carried, the performance would savour of monotony if he could do nothing else. Therefore, what has been alluded to as "leg work" must be among the accomplishments of the forward man. There is no occasion to suppose that in all the feats of this class there is any displacement of the joints, though there certainly is in some, as in the "split;" and its occurrence, of course, allows a greater range of motion in other acts, as, for instance, in raising the straight leg to the head. When it exists it is another instance of anatomical peculiarity.

But the power of relaxing antagonistic muscles, though a functional peculiarity, is fully as important as any structural one. There is no use in having a flexible spine or loose joints if rigid muscles refuse to allow them play. This suppleness must be preserved by constant practice. If a contortionist has been idle for a time he cannot at once resume his labours. It is customary for contortionists to go through preparatory exercises just before appearing on the stage. Their suppleness varies with the weather and with diet, and its dependence in part on the nervous system is shown by more brilliant performances when there is music and the excitement of an audience than when these helps are wanting.

To sum up as concisely as possible—putting aside the cases in which displacement of the joints may occur, which, though of assistance, is not essential—we may say that the contortionist is an artist, inasmuch as he has cultivated the uncommon power of relaxing certain muscles and has learned to avail himself to the utmost of favourable peculiarities of his structure; but if he devotes himself exclusively to certain exercises exaggerated peculiarities are acquired, and he is no longer a thoroughly normal specimen.—*Dr. Dwight, in "Scribner's Magazine."*

Myrtol.—Myrtol is a perfectly clear fluid, and represents that constituent of oil of myrrh which boils at 160 degs. to 170 degs. C. Linderm is the only clinician who has instituted any detailed trials with myrtol. Eichhorst himself was first to apply it in gangrene of the lungs. The results which he obtained were so surprisingly favourable that he used the drug in numerous cases, and is now convinced that, as a disinfectant of the air passages, myrtol has not its equal. The drug is best given in gelatine capsules (à 0·15, prepared in Paris, or by Pohl, of Schönbaum-Danzig). If a capsule is crushed, the peculiar odour clings to the room for a long time, and if a capsule is swallowed, the breath emanates the characteristic odour for many hours, and often for a couple of days. In putrid bronchitis and pneumonic gangrene two or three capsules should be taken every two hours to deodorize and disinfect the parts. The effect is rapid, and a few capsules suffice to remove the bad odour, and often to produce a permanent improvement. The drug is, however, apt to cause a temporary loss of appetite. Myrtol has also been tried against tuberculosis, but the drug has proved utterly useless against the bacillus tuberculosis.

Jottings from the Journals

" Th' ingredients of health and long life are
Great temperance, open air,
Easy labour, little care."—*Sir Philip Sydney.*

Symptoms of Chronic Arsenic Poisoning.—Dr. James J. Putnam recently reported to the Boston Society for Medical Improvement the notes of twenty-five cases of chronic arsenic poisoning; one which was observed by the author himself is fully recorded, the notes in many of the others are somewhat meagre, but the series is a valuable addition to our knowledge of the symptomatology of a condition which is often very difficult to diagnose. Dr. Putnam specially directed attention to the comparatively frequent occurrence of albuminuria, and asked whether arsenic might not occasionally set up a chronic nephritis. Professor Wood mentioned one case of temporary albuminuria, occurring in a lad about 16 years old, so that arsenic, it would seem, may be one of the often overlooked causes of the albuminuria of adolescents. The urine in this case was dilute, pale, contained a trace of albumen, and deposited cells and casts; Dr. Wood regarded this continuation as very suggestive of arsenic poisoning, and arsenic was found in the urine. Another set of symptoms, the significance of which as evidence of arsenic poisoning is often overlooked or ignored, are those due to peripheral neuritis—numbness, formication, muscular weakness, and altered electrical reactions. In Dr. Putnam's case the loss of muscular power, as measured by the dynamometer, was very marked (R. 5; L. 17; after recovery, 35 in both). In several of the cases insomnia was a troublesome symptom; in others neuralgia; and in others, again, great irritability of temper. Pharyngitis was often observed, conjunctivitis less often. Derangement of digestion was not always present; the most characteristic condition seems to have been colic, followed by diarrhœa. In one case only was fever present; in none was discolouration of the skin, dysuria, or periodicity of symptoms observed, so that Kirchgasser's observations on these points cannot be taken as reliable guides. His statements, however, as to the comparative frequency of the recurrence of symptoms after apparent recovery, and the removal of every discoverable source of arsenic, are confirmed by Dr. Putnam, who lays much stress on the fact—for fact it seems to be—that the elimination of arsenic by the urine may continue long after the source has been removed. As a source of fallacy ought to be mentioned the fact that the elimination of arsenic by the urine is not constant or uniform, so that the negative result of the chemical analysis of a single specimen ought not to be considered sufficient. In two of Dr. Putnam's cases the urine still contained arsenic, though in diminished quantity, seven or eight months after cessation of exposure. In such cases the suspicion that all sources of arsenic have not been removed naturally suggests itself, but the observers seem to have been fully alive to this probability, and the facts remain that the patients steadily improved, and the arsenic finally disappeared. Dr. W. B. Hills, Assistant-Professor of Chemistry at Havard, said that the number of wall-papers imported into the United States which contained a dangerous amount of arsenic was rapidly increasing; the smallest amount he had known to produce symptoms was one-third of a grain, estimated as white arsenic, to the square yard of paper.—*British Medical Journal.*

Horseflesh as Food.—If the sale of horseflesh as human food be already lawful, what need is there for further legislation on the matter? The need arises owing to the whole traffic up to the present being ignored, or at least not formally recognized. Unlike other countries, we have no shops avowedly for the sale of horse-flesh as human food, and thus it happens that nearly all horse-flesh thus sold is dealt in surreptitiously by the purveyors of food to the poor, less probably by butchers than by cooked-meat vendors, sausage sellers, and piemen. Of course this is altogether objectionable; any trade carried on clandestinely almost necessarily becomes a dishonest trade. If there be a demand for horse-flesh among the poor, as is alleged, the demand should be recognized, and proper provision made for the carrying on of what is a perfectly legitimate trade. This is done in most European countries, why should England be exceptional? Contrast the practice in France with that obtaining in our own country. At a recent meeting of the National Acclimatation Society, M. Decroix delivered an address on the progress made in the use of horse-flesh as food. At present, he stated, there were in the Department of the Seine 132 butchers' shops for horse-flesh, supplying a cheap, wholesome, and nutritious food to the working population, which had learnt to appreciate its value. To the efforts of Isidore Geoffroy de Saint-Hilare was due the victory over the prejudice against the use of horse-flesh as food. And it is well known that in other Departments ample provision is made for the sale of this wholesome food. Now let us see what takes place in London. Perhaps the largest firm of knackers in town is Messrs. Harrison & Barbers, who have seven slaughter-houses in the metropolitan area, and slaughter about 25,000 horses a year. The firm's charter does not allow them to prepare these horses or sell them as human food. They are dressed and sold as dogs' meat or cats' meat, and if any be used as human food it is dealt in by stealth, petty traders buying from the big knackers as cats' meat what they sell for food of man. Now, out of this large number of horses an enormous proportion will be slaughtered owing to a broken limb or other irremediable injury, many of them being fine fat animals, sound, and in perfect condition. But there is no sorting; animals fitted to form excellent human food are carted off to the knacker's yard, with animals suffering from horse-pox, or glanders, or farcy, and with carcases of beasts found dead. There is not the slightest doubt that the flesh of sound horses killed immediately after an injury, and properly bled and dressed, is wholesome and nutritious, and well fitted for human food. Something, however, besides the licensed horse-flesh shops Mr. Knowles would give us is needed; specially licensed slaughter-houses will be required. On this subject Mr. George Fleming gives excellent advice. We conclude with a short quotation from his well-known manual:—" The flesh from knacker's establishments should never be used for human food. When horses are to be utilized in this way, they should be slaughtered in special establishments, after they have been inspected by veterinary surgeons, and dressed like ordinary meat, but with the skin or hoofs attached, bearing the inspector's mark."—*Sanitary Record.*

The Germ as a Factor in Disease.—The prevailing opinion now seems to be that the germ is not the all-important factor in disease, but that the substances elaborated by it do the harm. It is certain that in some cultivations the bodies evolved cause a cessation of the growth of the microbe, and this fact is now taken as a

starting-point for a new theory of inoculation against disease. Professor Bouchard has said in his lectures that there ought to be a careful separation of the soluble matters secreted by the micro-organism from the toxic substances which might exist in connection with them. The former only were suitable for inoculation. It is possible, he thought, that they might come into use for internal medication to arrest the progress of a disease which had already begun, rather than for inoculation. Thus it might be that the substances that arrest the development of micro-organisms in cultivations could be used to combat their growth in the body, and thus to put an end to the disease the micro-organism had caused. Professor Peter said that he never had believed that the microbes, or germs, themselves did any harm, but that their presence gave rise to the formation of poisonous alkaloids. Professor Bouchard was of the opinion that inoculated matter was not retained within the tissues to act as certain substances did which were put into cultivation to prevent the growth of micro-organisms, but that it modified cell-nutrition to such an extent that the cells became permanently, or at least for a long period, incapable of being again affected by the substance which had modified them originally. The inoculations practised by him of the urine of animals suffering from various diseases had appeared to confer immunity from the disease affecting the animal from which the urine had been taken. This would seem to indicate that a modification of the virus, similar to the attenuation produced artificially, as in the case of anthrax, had occurred spontaneously in the system.—*New York Medical Journal.*

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Dreams, Sleep, and Consciousness.—The commonest experiences of every-day life are frequently those which are most interesting to study, and they are also in many instances those which most successfully elude the grasp of scientific precision. Medical musers of all ages have pondered over the mystery of dreams and sleep, without getting much further than speculations of a very personal nature. This personal element is inevitable, since experience shows that in every account of a dream there are awkward lacunæ where the inventive faculty is brought into play. There is a modest hesitation in the waking state about recounting in consecutive form the disconnected particles which have formed the component parts of the dream, and the result is that ordinarily a veil is woven to hide the defects of memory, or sundry adventitious links are inserted to give a logical sequence to what is most illogical. Individuals do not believe sufficiently in the accuracy of their own accounts to trust those narrated by others. Dreamers of dreams in the past ordinarily foretold their own successes, and thus accustomed their hearers to unfamiliar ideas; more recently a novelist has confessed to having worked up much of the perilous stuff that dreams are made of into literary form, and to have reaped much advantage from this assistance. The latest publication which reaches us from Dr. George M. Gould proposes a more serious task, for it is no less than an attempt to study the nature of consciousness, and of its origin from the facts of sleep and dreams. The difference between the dreaming and the waking consciousness is assumed to be the absence of all stimuli in the latter condition, while all the subordinate centres are functionless. The dreaming consciousness is supposed to be on the alert to watch over the sleeping organism. "When sleep is permitted, it is because it is safe to permit it. Hence sleep may at first be dreamless with less danger to the organism." Although there is much that is extremely interesting in this paper, the conclusions arrived at are somewhat startling. It may be hesitatingly conceded that "dream-personality has no individuality"; but many will demur at the notion that "through physiological psychology we catch a glimpse of the profound truth that, at heart, we are all the same"; while to say that "dream-philosophy teaches religion and sympathy" is to challenge contradiction. Dr. Gould's views are no less novel than striking, and his language often has a poetical turn mingled with scientific phraseology that is entertaining; for example, in his concluding words upon dream-consciousness he says, "its phantasmal existence is upborne upon the ghostly wings of past sorrows and joys, and tied to reality by the tenuous thread of a momentarily interrupted sensation."—*Lancet.*

Poisonous Sweets.—The practice which prevails of introducing halfpence into sweets as an incentive to children to purchase is one full of danger to the little ones; and Dr. Parker, the medical officer of health for Lancaster, has done good service in calling public attention to the matter. Where, says Dr. Parker, the halfpenny was embedded in toffee, no great harm was done; but in one sweet made of sugar, which came into his possession, the halfpenny was encrusted with a green salt of copper, and would be highly prejudicial to the health of any child who might consume it, the green salt being verdigris and highly poisonous.

House Ventilation.—Mr. D. G. Hoey read a paper recently at the Philosophical Society of Glasgow in which he claimed to have solved the problem of house ventilation. Describing the practical method adopted to carry out the principles, Mr. Hoey said that for the admission of fresh air without currents or draughts a dado from about three feet to four feet in height was fitted at conveniently available parts round the room, with a narrow space between the dado and the wall, and on the top of the dado wire gauze or perforated metal was fixed in an inclined position so that articles might not be placed upon it to impede its action. The fresh air was introduced into the dado space at a low level through a number of inlets from the outer atmosphere along the whole line; the total area of these inlets was proportioned to the area of the hot-air shaft for carrying off the impure air. The area of the exit from the top of the dado into the room being much greater than that of the whole inlets, and the total space enclosed by the dado forming a fresh-air chamber or reservoir being much greater still, the outer air, coming into this extended space, lost its initial velocity, spread itself slowly over the interior of the reservoir, gently percolated through the innumerable interstices in the wire gauze or perforated metal on the top, and, by reason of its specific gravity being somewhat greater than the air it met there, insensibly permeated the atmosphere of the room by imperceptible diffusion at the low level, at which it immediately yielded an abundant supply of oxygen. In summer the air admitted might be cooled, and in winter it might be warmed. The impure air might be carried off by a flue or tube opening into the chimney, or by a sunlight in the roof. Mr. Hoey states that his system was tried with success in one of the buildings in the Glasgow Exhibition (the Bungalow Bar, in which the temperature was maintained at 60 degs. on a hot summer day, while the other buildings were at 80 degs., and one kitchen at 110 degs.), in the Glasgow Liberal Club, and in the Glasgow Stock Exchange.

IMPORTANT ANNOUNCEMENT.

BONUSES TO SUBSCRIBERS TO "HEALTH."

Health, as our readers are aware, may be obtained of all Booksellers and Newsagents, and at the Railway Bookstalls, on the day of publication. It may also be ordered from the Publisher, 2, Paternoster-square, London, E.C., who will send the journal, post free, for a year, on receipt of postal orders for 10s. 10d.

As many of our readers who live in remote districts prefer to obtain Health from the Publisher direct, and as we are desirous of increasing the already large number of subscribers who give us a yearly order for the journal, we offer the following Free Gifts and Bonuses to all who subscribe to Health for one year or longer:—

(1.) To each Subscriber who remits 10s. 10d. to the Publisher, entitling him (or her) to receive one copy of Health, post free, for one year, we shall present a copy of Dr. Andrew Wilson's work, entitled "A Manual of Health Science" (Longmans & Co.), value 2s. 6d.

(2.) To each subscriber who remits 21s. 8d., entitling him or her to receive two copies of Health weekly, post free, for one year (or one copy for two years), we will present Dr. Richardson's "Ministry of Health" (Chatto & Windus), value 6s. The copies of Health so ordered may be posted to separate addresses.

(3.) To each person who subscribes 32s. 6d., for three copies of Health, post free, weekly, for one year, we will present the volume by Dr. Richardson mentioned above, and also the handsome, illustrated book entitled, "Studies in Life and Sense," by Dr. Andrew Wilson (Chatto & Windus), value 6s.—being a free gift of the total value of 12s.

The bonus last mentioned will also be presented to anyone who succeeds in obtaining three yearly subscribers to Health, and who remits to the Publisher the sum of 32s. 6d., together with the names and addresses of the persons to whom the copies are to be posted each week.

As the literary gifts above-mentioned constitute books containing solid and reliable information regarding health and other matters of popular scientific interest, it will be seen that the above scheme, while intended to increase our already large circulation, also offers distinct advantages to new subscribers who guarantee by their subscriptions a year's support to this journal. All communications regarding subscriptions and other purely business details connected with Health should be addressed directly to the Publisher, 2, Paternoster-square, London, E.C., and *not to the Editor.*

Sanitary Appliances, Etc.

SOME USEFUL COCA PREPARATIONS.

In a future number of Health we propose to deal, in a special article, with strength-giving drugs, and it seems appropriate that present mention may be made of a series of Coca preparations which are manufactured by the French Hygienic Society, 6, Conduit-street, Regent-street, London, W., and of which samples have been forwarded to us. These preparations consist of Coca Elixir, Lozenges, Tablets, and Tea. The fame of Coca as an invigorating tonic is too wide to be questioned; while as a strength-giving medicine it claims a first place among such aids to health and endurance. The preparations under notice are all of excellent quality. The Coca Elixir is pleasant to the taste, of full strength, and is used in fifteen or twenty drop doses in a wineglass of Claret or Bordeaux. In this form Coca can be used pleasantly and as an advantageous adjunct to the dinner-table. For persons troubled with throat and voice affections, the Coca Tablets and Lozenges will be found most beneficial. They allay irritation most completely, and for singers afford an easy and reliable means of toning up the vocal cords. The Tablets contain Coca in combination with boracic acid, while the Lozenges want the borax. The Coca Tea is pleasant to the taste. Coca forms a natural combination with tea, and thus aids that beverage in the development of its stimulating properties. Coca Tobacco is also manufactured by the French Hygienic Society, and its virtues have already been noted in our pages.

Our Letter-Box

"Conference [maketh] a ready man."—*Bacon.*

NOTICES TO CORRESPONDENTS.

All Communications for the Editorial Department (including Books for Review, Specimens of Sanitary Appliances, &c.), to be addressed to "The Editor of Health," 2, Paternoster-square, London, E.C. *Those intended for the Publishing Office to be sent to* Mr. A. P. Watt, The Publisher, *at the same address.*

RULES FOR CORRESPONDENTS.

Owing to the mass of letters which reaches us each week, we respectfully direct the attention of Correspondents, desiring replies in the Letter-Box Department of Health, to the following rules:—

1. All questions are answered free of charge in the columns of Health. A limited space only, is available for the insertion of replies each week.
2. All letters must be legibly addressed to "The Editor of Health, 2, Paternoster-square, London, E.C.," *and to no other address.*
3. Questions to which answers are desired by post, are so replied to solely at the Editor's discretion. If no answer is sent by post, the query will be replied to in the "Letter-Box" columns of Health. A stamped addressed envelope must accompany all queries to which a private reply is desired.
4. Addresses of physicians and surgeons will, as heretofore, be forwarded free to Correspondents on their enclosing a stamped addressed envelope for reply.
5. Correspondents are requested to write on one side of the paper only, and to make their inquiries as brief as may be consistent with clearness.

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6. From the necessity of sending HEALTH to press early in the week, no Correspondent can be replied to in the "Letter-Box" columns in the same week in which the inquiry is received. Replies crushed out of any issue will be found in the succeeding number.

7. No Post Cards must be used in sending queries. Violation of this rule deprives the sender of the privilege of a reply.

LETTERS TO THE EDITOR.

OUR INFANT NOMADS IN TENTS AND VANS.

SIR,—The face of the legislative sun at Westminster, which ought long ago to have shed light, cheer, and help to our little road-side and ditch-bunk Arabs, is still covered by the black clouds hovering round St. Stephen's, and the Bills I am struggling along with to lift the little ones out of the gutter are far from being passed into law. If the Government and Parliament realized the sad condition of these poor 30,000 children, and the mischief working out to themselves and the nation, a moment would not be lost in passing, or assisting to pass, the Bills. I have been bringing the pitiable case of these poor children, who, I might say, have had the misfortune to be born in England and in the midst of English Christianity, before the country in books, letters, articles, and Bills and clauses before Parliament and select committees during the last seven years, and still the children are uneducated, unprotected, and uncared for, and some of them and their parents are treated worse than lepers.

A few days since, near Rugby, I saw twelve men and fifteen children, and their only home was, and had been through the winter, four old patched sheets, a few sticks, and a barrow or two. In one of the families one poor girl had a thumb rotting off, and another of her sisters had had a diseased bone recently taken out of her knee, and her brother had a diseased bone in his neck.

Another bred and born van child of seven is dying of consumption near Northampton.

Last week I found near London eight families in tents and vans under the walls of a small-pox hospital. Fever has been in another van family in Essex nearly the whole of the winter.

Surely on moral, social, religious, philanthropic, political, and national grounds it is high time that these poor children and their parents and their homes on wheels were taken in hand and dealt with as are other children and their homes.

GEORGE SMITH OF COALVILLE

The Cabin, Crick.

QUERIES AND ANSWERS.

REPLIES: GENERAL, SANITARY, AND MEDICAL.

[Readers of HEALTH will kindly note that when back numbers of the journal are desired, the letters containing such requests and stamps for the numbers should be addressed to the PUBLISHER of HEALTH, 2, Paternoster-square, London, E.C., and *not to the Editor.*]

HOPEFUL W.—Yes; a tricycle would, in some ways, be preferable for your case. Purchase one of the Coventry Machinists Co.'s latest patterns.

MIDDLE-AGED MAN.—1. Chrysophanic acid must be carefully used. It stains the clothes. The acid is added to lard to make an ointment in the proportion of a drachm (or more) to the ounce of lard. It is to be well rubbed into the affected patches. Soap and warm water will remove the stains from the bed-clothes, but you should sleep in the same sheets during treatment. In some cases, when applied to one side of the body only (the other limbs being wrapped in cotton wool), the whole disease has been cured. 2. Birley's preparations are reliable, but you would do well to avoid drugs (unless arsenic as prescribed by a doctor) while you are trying the above treatment.

BRITTA.—Irish moss is valued for its mucilaginous and emollient nature. It is a food soothing in its way to an irritable stomach, and is fairly nutritious, on account of the starch and sugar it contains.

LASSIE.—You must press out the pimples when they form, and steam the face thoroughly. Continue the Vinolia, and use the Vinolia Soap for washing. Read also HEALTH, No. 199, to be had from the publisher, and follow out the cures recommended in the article on "Blackheads and Acne" contained in that number. If not cured, write again, by all means.

A. M. D.—Your case is a very common one, and quite the reverse of incurable. Try the effect of using twice daily an injection made by adding a teaspoonful or so of Condy's Fluid to half a tumbler of tepid water. Continue to use the Cascara if constipation exists. Give up tea and coffee and do not take any alcohol till you are well. The Pitkeathly Water is to be continued also; while after meals, twice daily, take a teaspoonful of Inman's Syrup of the Hypophosphites in a wineglass of water. Let us hear how this treatment benefits your case.

ARTHUR.—Take the Syrup of the Hypophosphites (Inman's), advertised in our pages, as ordered to "A. M. D." above. Rest after your meals, and don't drink large quantities of water with your food. This is always injurious as regards digestion. Take a glass of stout or claret to dinner every day, and take no suppers at all, or at least do not eat within an hour and a half of bedtime. If not bettered, write again.

J. L. J.—You yourself indicate the cause of all your symptoms when you say you "worry" yourself about everything. Can you hope to be well under such circumstances? Exercise your strength of mind, and take plenty of open-air exercise, and you will find your symptoms to disappear. Some people suffer by not thinking enough about themselves; you suffer by thinking a great deal too much about yourself. Use Vinolia Soap, and Vinolia (Messrs. Roberts, 76, New Bond-street, London, W.) for the relief of the itching.

ST. GILES, EDINBRO'.—Wash the parts regularly night and morning with Bayley's Spermaceti Soap, and drink Pitkeathly Water freely. What you name usually arises from an acid state of the secretions, and you must (in addition to using the Water recommended) avoid sweets, pastry, salt meat, cheese, and such indigestibles. If not cured, write again. If constipation exists, cure it by following the advice given to "Juno" in HEALTH, No. 316.

NODDIS.—Read the pamphlet, "A Lecture to Young Men" (post free for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.), and you will find full directions therein for your treatment. You have no need to despair at all.

A PERPLEXED ONE.—You may apply to Mr. Beasley, of Wood-green, Birmingham, for information on the point you mention. All depends on the nature of the impediment.

RAMSAY.—Wash the parts night and morning with Bayley's Soap and tepid water and you will probably remove your ailment; and apply, after washing, a little Vinolia (Messrs. Roberts & Co., 76, New Bond-street, London, W.) as a remedy likely to benefit you. What you name often arises from a want of cleanliness.

BUNTER'S NERVINE Cures TOOTHACHE Instantly.

Prevents Decay, Saves Extraction. Sleepless Nights Prevented. Neuralgic Headaches and all Nerve Pains removed.

Dr. ANDREW WILSON, F.R.S.E., &c., writing in *Health*, says: "'BUNTER'S NERVINE' has stood the most severe test. For many years it has been the favourite household Remedy for TOOTHACHE and kindred ailments of NEURALGIC character. It contains nothing of a deleterious nature, and should claim an honoured place in every family medicine chest."

BUNTER'S NERVINE. Sold by all Chemists, 1/1½.

BUNTER'S DENTINE

IS THE MOST SIMPLE AND

PERMANENT STOPPING for DECAYED TEETH.

Any one can easily prepare and place it in the cavity of the Tooth in a soft state, and in a short time it becomes a perfectly hard and white Enamel, forming, as it were, a part of the original substance of the Tooth.

All Chemists, 1/6. *Post Free*, 19 *Stamps, by Proprietor.*

PURILINE Tooth Polish

Will Purify and Beautify the Teeth with a Pearly Whiteness; Polish the Enamel; Destroy Tartar and all Living Germs; and Keep the Mouth in a Delicious Condition of Comfort, Health, Purity, and Fragrance. It is not a Powder or Soft Paste that will scatter over clothing and soil the toilet, but a Dental Paste of stiff consistency, non-gritty, and Absolutely Pure. May be carried in the pocket in any climate of the world, without injury or losing its virtues.

Price 1/- *Sold by Chemists, Perfumers, &c., or sent post free by Proprietor.*

PURILINE Tooth Wash

FOR THE TEETH, GUMS, AND BREATH.

A PURE, PERFECT, AND REFRESHING FLUID DENTIFRICE.

A few drops in water used daily will thoroughly Cleanse, Beautify, and Preserve the Teeth; Polish the Enamel, prevent Tartar, Destroy all living "Animalculæ.' It is Absolutely Pure and Harmless to the Youngest child or most delicate constitution.

Sold by all Chemists, Perfumers, &c., 1/- *per Bottle, or sent post free by Proprietor*

Proprietor: ALFRED WILSON, 422, Clapham-road, London, S.W.

A. Paterson.—Take the following tonic: Citrate of iron and ammonia, one drachm; syrup of orange-peel, half an ounce; water, eight ounces. Mix. Label: "Two tablespoonfuls to be taken thrice daily, before food."

Esmie.—Take a pill containing one grain permanganate of potash, to be made up with Kaolin. Take one of these pills twice daily, after your food, before the period named.

Star.—Try the effect of taking twenty drops of Cascara Cordial in water an hour before your breakfast, and repeat the dose, if necessary, in the afternoon. This will remove the constipation. As to diet, give up tea and coffee, and for breakfast and supper substitute Grant's Oat Flour. For the rest, let your diet be light. Take as much open-air exercise as possible.

Jim.—The Coca Cigarettes should be tried by you—see advertisement in our pages.

A. Swinton.—Use the following:—Bay rum, two ounces; glycerine, two ounces; tincture of cantharides, one drachm; oil of begamot, half a drachm; sulphate of quinine, ten grains; water, four ounces. To be used every morning, and to be rubbed into the roots of the hair, all other oils and pomades being avoided. Use a soft brush only, and wash the hair once in a week or ten days, at night, with Bayley's Soap and tepid water. Keep the hair short for a time.

S. E. E.—Inhale, at bedtime, the vapour of a pint of hot water to which a little Sanitas Oil has been added. After your meals, take a dessertspoonful of Scott's Cod Oil Emulsion with Hypophosphites, thrice daily, as a general strengthening measure.

E. M. O.—Read Dr. Murrell's book on "Massage" (3rd edition), published by Mr. H. K. Lewis, Gower-street, London, W.C.

S. A. F.—Give up the use of the appliance for a time, and wash the parts with Bayley's Soap, dusting on a little Sanitary Rose Powder (Woolley's) after washing. Keep your mind quite easy, and attend to your general health and diet as directed.

E. A.—Wash your head once a week with tepid water and Bayley's Spermaceti Soap (17, Cockspur-street, Pall-mall, London, S.W.), and rub into the hair roots each morning a little glycerine and borax. Avoid all hard brushes and small combs.

Nobilis.—Try the effect of taking the following pill: Powdered ipecacuanha, half a grain; powdered capsicum, one grain; powdered rhubarb, two grains; extract of gentian, three grains. Six such pills to be made, and one to be taken half an hour before dinner when there is any liver irritation.

Omega.—1. Yes; the amount would be nearly adequate. 2. The alcohol is merely a stimulant to digestion. 3. Benger's is an excellent preparation.

J. M. — There are no male nurses in ordinary hospitals, but we believe they are employed in some of the workhouses. Male attendants in lunatic asylums are, of course, employed. Apply to the superintendent of any workhouse or asylum.

Battery.—Apply the electrodes to the front of the body and along the spine. Read the pamphlet recommended to "Noddis" in the present number, and you will find full directions regarding the treatment of a case like yours in its pages.

E. M. A.—1. Mr. Pulvermacher, 194, Regent-street, London, W., will give you full information regarding the belts you name. 2. The current, in the case you name, is strong enough. 3. The former, not the latter.

Gabriel.—1. Give the Eau Lodoïs, of the French Hygienic Society, a fair trial. 2. No; but there are several makers of the apparatus in the north.

Peter Hay. — Try the Coca Elixir, advertised in our pages (French Hygienic Society), and add twenty drops to a wineglass of Burgundy. Take this half an hour before meals, thrice daily.

Notary.—Passive movement might cure your case. Try the Zander Exercises at the Medical Battery Company's Depôt, 52, Oxford-street, W. Alternate hot and cold douches played on the joint night and morning will also assist you.

Donald.—What you name commonly arises from overwork, or from some digestive trouble of slight nature. We advise you to take fifteen drops Fer Bravais, thrice daily, after your meals, in water; to drink freely of Pitkeathly Water, advertised in our pages; and to limit your flesh-foods for a time. Take plenty of vegetables, with meat-soups and white boiled fish.

J. A. J. W.—You should improve the general health, otherwise it is probable the hair-troubles will not be entirely got rid of by merely local means. You may try the lotion recommended to "A. Swinton" in the present number. The hair should be kept as short as possible for a time.

Columbus.—Vinolia can be had from Messrs. Roberts & Co., 76, New Bond-street, London, W. It should certainly be tried. When the itching is present you might apply a little of the following lotion to the parts twice and thrice daily, after bathing with tepid water in which a little bicarbonate of soda has been dissolved:—Borax, two drachms; hydrochlorate of morphia, five grains; glycerine, half an ounce; rose water, four ounces. Mix. Label: "For outward use only."

Fatigued.—Yours is a case in which we should advise you to be very moderate in the matter of your exercise. Moderate cycling and walking will do good, but you must not tire yourself. After meals, take a dessertspoonful of Scott's Cod Oil Emulsion with Hypophosphites as a tonic, and see that you clothe warmly. The symptoms you name are probably only throat ones. Use for their relief a Chloride of Ammonium Inhaler (Burroughs, Wellcome & Co.'s); and let your food be plain, but nutritious. A little stout to dinner each day will benefit you. Write again, if not bettered.

J. Sharp.—See advice given to "F. Layton" in the present number. The Eau Lodoïs is a capital hair renewer and restorer. It is safe to use, and contains no injurious ingredients.

R. H. Posnett.—You should wash the feet night and morning (changing your socks frequently) with tepid water and Coal Tar Soap. After washing, dust upon your feet Woolley's Sanitary Rose Powder, and dust this powder into your socks as well. See that you wear very easy-fitting shoes, not boots. Internally, take fifteen drops Fer Bravais in water, thrice daily, after your meals. If not cured, write again.

Jan Strong.—You will find all your questions fully answered in the pamphlet recommended to "Noddis" in the present number.

Mary L.—Superfluous hairs can only be satisfactorily removed by electrical means. Read the article on this subject in Health, No. 149. We can send, on receipt of stamped addressed envelope, address of a specialist who removes hairs in this way.

G. F. M.—The following is an iron and quinine mixture, which should be used:—Sulphate of quinine, eight grains; sulphate of iron, sixteen grains; dilute sulphuric acid, eight minims; water to eight ounces. A tablespoonful thrice daily.

J. Edgar. — Bunter's Puriline Mouth Wash should be used night and morning by you as a mouth wash, and the Tooth Polish for the teeth.

Singleton. — Take Scott's Oat Flour regularly, and eat whole-meal bread as a diet-cure for constipation, which may also be aided by your taking twenty drops Cascara Cordial once or twice daily in water between your meals.

S. M. B.—Take fifteen drops Fer Bravais in water after your meals, thrice daily; avoid beer and all stimulants; continue the Vichy Water; and avoid much flesh food. Take vegetables in plenty; and let us hear the result of this treatment. Avoid pastry, salt foods, and cheese.

F. Layton.—For hair-growth try the following: Liquor ammonia (strong), chloroform, and oil of jasmin, of each, half an ounce; castor oil, half a drachm; spirits of rosemary, to make up four ounces. Keep in a stoppered bottle, and label, "A little to be cautiously rubbed into the hair each morning." Use also, at night, a little of an ointment, composed of Lanolin, two drachms; and oil of jasmin, half a drachm. The use of the ointment at night will prepare the hair-roots for the action of the lotion in the morning.

E. B. L.—Read the pamphlet, "A Lecture to Young Men" (post free for 1s. 1d. from Mr. Renshaw, 356, Strand, London, W.C.), and follow out the treatment there prescribed.

A Tonic

Horsford's Acid Phosphate.

A most excellent and agreeable tonic and appetizer. It nourishes and invigorates the tired brain and body, imparts renewed energy and vitality, and enlivens the functions.

Dr. James Black, L.R.C.S., Primrose-hill, Cockburnspath, Scotland, says:—"As a nerve tonic, I know nothing like it. It gives me great satisfaction."

Dr. Thomas Davidson, L.R.C.P. & S., Gosforth, Newcastle-on-Tyne, says:—"I find it an excellent tonic in cases of mental anxiety induced by over-study in clergymen and others."

Descriptive Pamphlet post free on application to

Rumford Chemical Works,
Providence, R.I, U.S.A.

Beware of Substitutes and Imitations.

Notes on Health.

Compiled by an Experienced Physician.

Showing How to Enjoy Good Health and Cure Common Ailments by the Regulation of Diet, and other Simple and Natural Means.

A Few Words Regarding Diet.

Nature has generously supplied human beings with power to digest and assimilate into nutriment almost every substance in the animal and vegetable kingdom, not actually poisonous. Few people, however, in our crowded cities are able to enjoy their meals, owing to their digestion having become weak from various causes—frequently the fault of the sufferer. We would, therefore, advice all our readers to choose a plain and wholesome diet, avoiding as far as possible all *made dishes*, pork, pastry, and rich foods. Stimulants are rarely necessary to promote health, and invalids should only take them as and when medically prescribed. Boiled fish, well-cooked vegetables, and ripe fruit are invaluable as articles of diet, especially for persons of sedentary occupation. Food should be thoroughly masticated and consumed slowly, to assist rapid digestion and assimilation.

Advice as to Exercise and Fresh Air.

If men and women wish to be healthy and enjoy life, they must take plenty of exercise. This is essential to insure the proper performance of the different functions; for as the action is so reciprocal between the organism of the body and the brain, it is impossible for one to be in a healthy or diseased condition without producing a similar state in the other. Exercise in the open air, such as walking, running, riding, rowing, &c., not only expands the lungs, supplying them with an abundance of fresh and stimulating oxygen, and increasing the circulation—but provokes the appetite, and materially assists the action of the various organs. To obtain fresh air in a room without draughts is very important, though sometimes rather difficult. The window of a bedroom should be open about two inches at the top all night, and the chimney should never be closed. Dr. Zander's Swedish Mechanical Exercises are strongly recommended by the faculty.

The Medical Uses of Electricity.

The Casualty Physician and Electrician to St. Bartholomew's Hospital, in an address on the therapeutical applications of Electricity, said :—

"When it is known that Electricity plays such a prominent part in all vital processes, it is not an unwarrantable assumption to suppose that, if properly applied, it may prove to be, and indeed has proved to be, a most useful therapeutical agent. *There is no doubt that Electricity is one of the most powerful nerve tonics we possess.* No agent so quickly restores the depressed condition of the system, consequent upon long illnesses. In all states of Nervous Depression, as from long mental strain or overtaxed bodily powers, general galvanism has proved a refreshing and most invigorating tonic."

Mr. C. B. Harness,

The President of the British Association of Medical Electricians, has found, after many years' practical experience, that the mild continuous galvanic currents generated by wearing his celebrated Electropathic Belts are capable of strengthening every nerve and muscle of the body, and speedily restoring invalids to perfect health and vigour. It has been proved beyond doubt that they act as a preventive as well as a cure, and are invaluable in all cases of Nervousness, Debility, Sleeplessness, Rheumatism, Gout, Sciatica, Lumbago, Nervous Dyspepsia, Torpid Liver, Kidney Complaints, Internal Weakness, Functional Disorders, &c. Thousands of people have already testified to their marvellous curative powers; copies of their grateful and satisfactory reports may be had free on application, or the original letters may be personally inspected at the Medical Battery Company's Electropathic and Zander Institute, 52, Oxford-street, London, W.

All in Search of Health

Should wear Harness' Electropathic Belt. It produces no shocks, is comfortable to wear, improves the figure, prevents chills, imparts new life and vigour to the debilitated constitution, stimulates the organic action, promotes the circulation, assists digestion, and promptly renews that vital energy the loss of which is the first symptom of decay.

Its Healing Properties

Are multifarious; it stimulates the functions of various organs, increases their secretions, gives tone to muscle and nerves, relaxes morbid contractions, improves nutrition, and renews exhausted nerve force. Acting directly on the system, it sustains and assists its various functions, and thus promotes the health and vigour of the entire frame.

Besides these benefits, the mind is maintained in a buoyant, cheerful state, and every faculty is stimulated to the highest condition of intellectual strength.

Harness' Electropathic Belts

Are an improvement on the galvanic couple of the celebrated German, Professor Humboldt. They are exceedingly simple in their construction, very comfortable to wear, and, from their constant action, most efficacious as a self-generating reservoir of Electricity. They are entirely unique as a therapeutical adaptation of Electricity as they consist of a series of constant current Electric Generators, which are in continuous action while the Belt is worn. They contain also all the essential elements of the Dry Compress, so well known and appreciated in Hydropathic Treatment. Acting, as they do, upon all the most important organs of the body they rarely fail to alleviate most of the disorders resulting from local or general debility, impaired digestion, weak circulation, or defective organic action.

Beware of Frauds.

Harness' World-famed Electropathic Belts have been in use for nearly a quarter of a century, and have proved an inestimable blessing to suffering humanity in all parts of the world. They are constructed on strictly scientific principles, are guaranteed to generate mild continuous currents, which are imperceptible to the senses, and convey no shock to the system. They are positively the only *bonâ fide* curative galvanic belts which the public may purchase with safety. Sceptics should call at the Company's Institute, and see them tested.

Important to Invalids.

Mr. C. B. Harness, the President of the Company, and also their Physician, Surgeon, Medical Electricians, and other Officers, may be consulted Daily, personally or by letter, free of charge upon all matters relating to Health and the application of Curative Electricity. An experienced lady is also in attendance.

Residents at a Distance,

and those who are unable to avail themselves of a personal consultation, should write for a "Private Advice Form," and return it to Mr. Harness, with the necessary particulars, as soon as possible.

Note only address, and call or send for a Belt or particulars today: The Medical Battery Company, Limited, 52, Oxford-street, London, W. (*Corner of Rathbone-place*). This Institution is the largest of the kind in the world. All communications are treated as strictly private and confidential.

VAN HOUTEN'S

PURE soluble COCOA

Best and goes farthest.

Made INSTANTLY.

Very strong and nutritious, THIS Cocoa is Cheaper and more satisfying than tea.

Easily digested by the most delicate.

THE BRITISH MEDICAL JOURNAL:—"*Admirable*"—"*flavor perfect and* **so pure** *and well prepared*"—"may with great advantage be largely used in *public institutions* as well as in *private families.*"

THE LANCET:—"*Delicate aroma*"—"**pure** and *unmixed*"—"*goes a long way* and *is really cheaper* to use *in the end . .*"

Dr. HASSALL, THE EMINENT ANALYST:—". . From its **purity,** *strength* and *aroma* it *goes much farther*"—"well suited for use in *hospitals* and other *public institutions.*"

HEALTH:—"*None* of the numerous cocoas *have* as yet *equalled this inventor's* in *solubility, agreeable taste* and *nutritive qualities*—
—*Its* **purity** *is beyond question*—
—*Once used always used*—"

Printed for the Proprietor by HENDERSON & SPALDING, at 3 and 5, Marylebone-lane, Oxford-street, in the Parish of Marylebone, in the County of Middlesex, and Published by ALEXANDER P. WATT, at No. 2, Paternoster-square, London, E.C.